

Athletic Greens

ULTIMATE DAILY



Athletic Greens®

THE
DELICIOUS
DAILY HABIT
THAT SETS
YOU UP FOR
A HEALTHY
FUTURE.

WHAT IS IT?

Athletic Greens Ultimate Daily is a complete, whole food supplement designed to cover the daily nutritional needs of busy, active people. It is a natural, mega-nutrient formula that provides the benefits of 11 different supplements and the antioxidant equivalent of 12 servings of vegetables in a single, delicious scoop of whole food nutrition.

WHY TAKE ATHLETIC GREENS?

In short, Athletic Greens Ultimate Daily is taken for nutritional insurance.

Athletic Greens is designed to fill nutritional gaps that exist due to diet and/or lifestyle and allow your body to transform in 3 simple steps:



NOURISHMENT

Provides your body with the nutrients, vitamins, and minerals it needs to thrive

ABSORPTION

Improves digestion to help your body absorb more nutrients from the food you eat

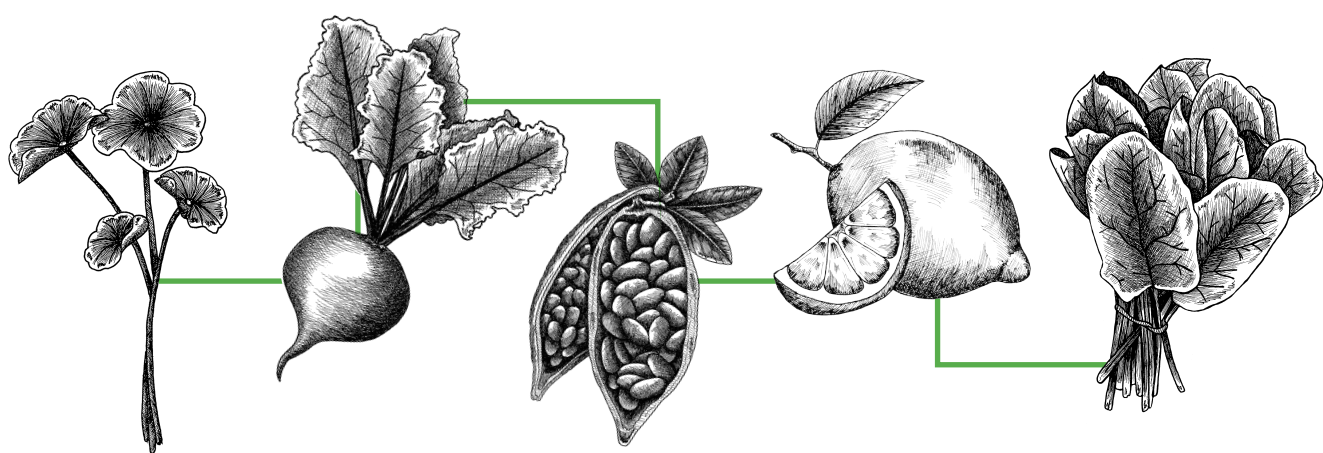
SYNTHESIS

Allows your body to easily synthesize the nutrients, vitamins, and minerals

BENEFITS

Athletic Greens was formulated by a professional team that included naturopaths and medical practitioners with over 60 years combined clinical experience. It was formulated specifically for daily use.

Each of the 75 whole food sourced ingredients in the formula were carefully and mindfully selected to add nutritional value.



The ingredients work together to improve 5 different areas of your health.

One scoop per day provides you with the antioxidant equivalent of 12 servings of fruit and vegetables as well as benefits equivalent to the following supplements:

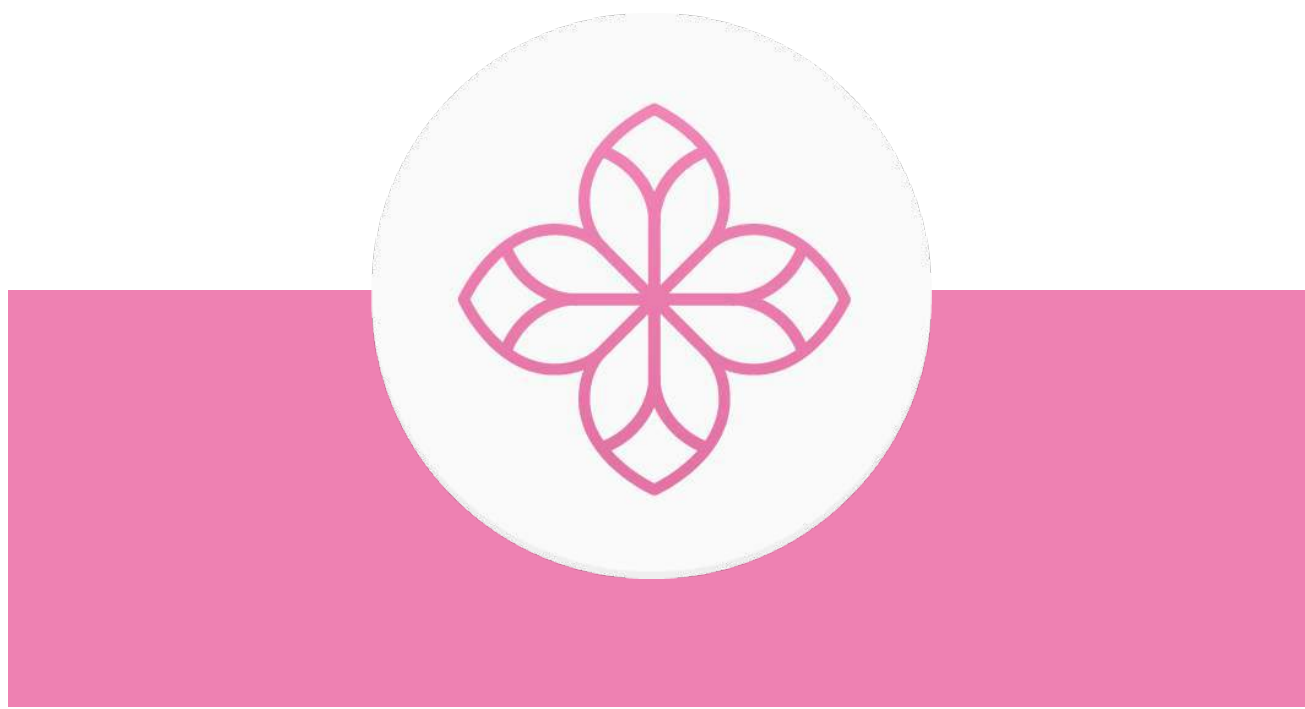
- Multivitamin
- Multimineral
- Antioxidant Blend



Vitamins And Minerals For Nervous System And Immune System Support

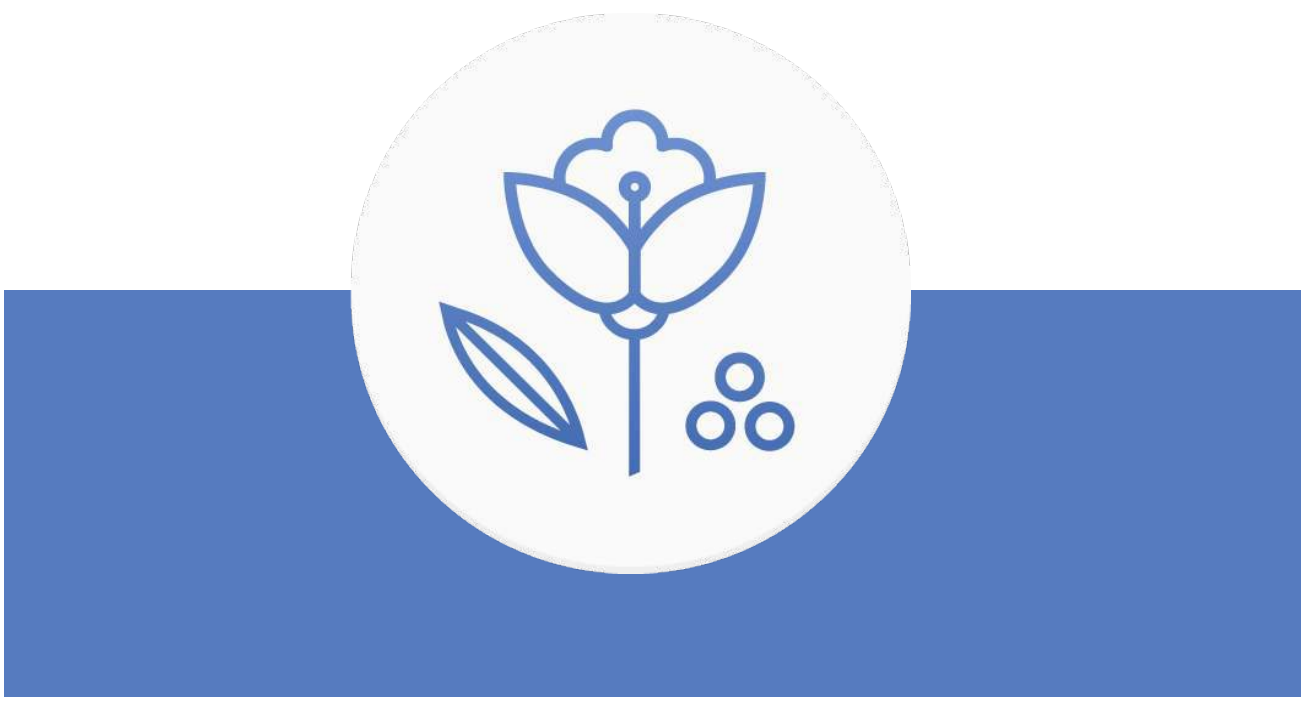
Vitamins and minerals are essential for thousands of biochemical reactions and functions of the body. The challenge is absorbing them in sufficient quantity and quality. The most natural and highly absorbable form of vitamins and minerals comes from Mother Nature herself.

We've tapped into the power of freeze-dried fruits, vegetables and plants, and steer well clear of heat treated or cheap synthetic ingredients. The perfect balance of natural vitamins and minerals is crucial for a well-functioning nervous system, and a fundamental building block of a strong immune system.



Digestive Enzymes For Optimum Absorption

Your digestive tract produces enzymes which break down the foods you eat to facilitate nutrient absorption. When this process is hindered by dietary deficiencies and the stress of a busy lifestyle, malabsorption and health issues arise. It's essential to bolster the process to get your health back on track. We added naturally occurring enzymes like bromelain and papain to assist with protein digestion, and ginger for its well-known benefits of settling the stomach and reducing everyday bloating.



Liver Support Formula For A Healthy And Efficient Liver

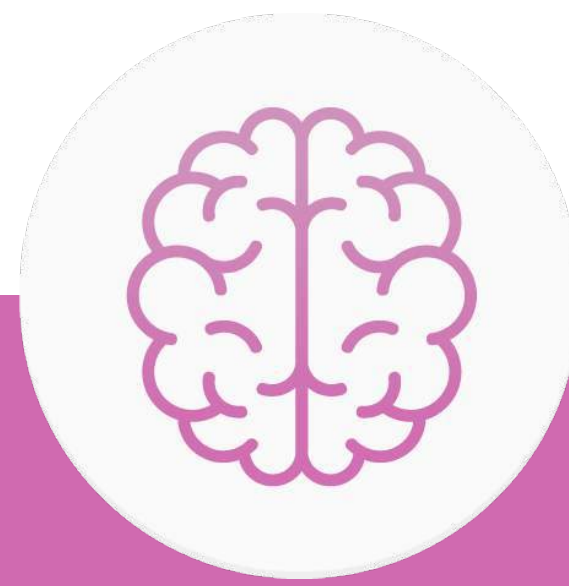
While most people know the liver helps process and remove toxins, it may come as a surprise to hear a healthy liver can also aid in fat loss. Milk thistle aids and protects the liver as it filters and flushes toxins from our bodies. The natural diuretic properties of dandelion root aid this elimination process. Milk thistle and dandelion root, typically expensive supplements on their own, are unbeatable for improving liver function, and we've included just the right amount of each.

- Blood Sugar Support
 - Green Superfood Blend
 - Adaptogens
- Neural Support
 - Liver Health Formula
 - Fiber Complex
- Probiotic Blend
 - Digestive Enzyme Formula



Probiotics And Prebiotics For Gut Health

Gut flora is a game-changer when it comes to immune system support, with a whopping 70% of the cells that make up your immune system found in your gut. A high quality probiotic can provide effective immune system support. To ensure the highest impact on overall gut-health, we use non-dairy sources of lactobacillus acidophilus and bifidobacterium bifidum, freeze-dried for stable shelf life. And in terms of encouraging these little guys to multiply, our prebiotics, inulin and organic apple powder, have an exponential effect. Prebiotic + probiotic = optimum gut flora benefit. And optimum gut flora means improved overall gut health, resulting in a stronger immune system. You get the picture.



Adaptogen and Hormone Support

Adaptogens are an amazing class of herbs that act according to what your body needs at the time. In particular, they respond to influences like stress and fatigue, assisting your body in very specific ways. Ashwagandha has been proven through science and Ayurvedic medicine to fight the effects of the normal, everyday stress we all experience by lowering cortisol levels, and as a result, slowing the aging process. Rhodiola also encourages lower production of cortisol, while aiding normal sleeping patterns and lowering everyday mental and physical fatigue. One of the most potent adaptogens, Siberian Ginseng, enhances mental performance while providing a long lasting energy boost.

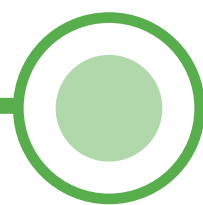
BENEFIT TIMELINE

Athletic Greens has been formulated to help you cover all of your bases when it comes to multivitamins, multiminerals, antioxidant blends, blood sugar support, green blends, adaptogen and hormonal support, neural support formulas, liver support, digestive enzyme blends, probiotics, and prebiotics. It has been designed to build up in your system overtime when taken daily. Below are some of the positive effects noticed by other users of Athletic Greens:



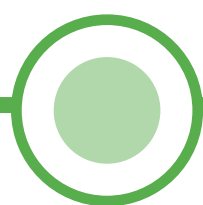
1-2 DAYS

- Reduced cravings for sugar, salt, and fatty or processed foods.
- An increased ability to fight off colds, flus and other illnesses.



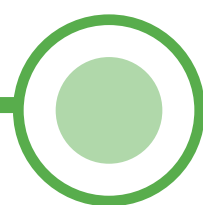
2-3 WEEKS

- Less bloating or tiredness after meals
- Brighter, more vibrant skin
- Stronger hair and nails
- Faster wound healing
- Fewer occurrences of bad breath



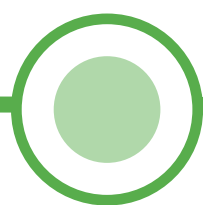
1-3 MONTHS

- Absorption of key nutrients from food
- More energy every day
- Greater ease going to the bathroom
- Fewer occurrences of body odor



3-6 MONTHS

- Improved skin complexion over your entire body
- Faster and better quality hair growth
- Less inflammation in the body



6-12 MONTHS

- A reliably stronger immune system with the potential to avoid unnecessary illness
- Improved physical and mental performance
- Potential changes in blood test results

HOW IT IS MADE

Athletic Greens is manufactured in a TGA-registered, Good Manufacturing Practice (GMP) Certified facility in New Zealand. In order for the New Zealand Ministry of Health (one of the strictest health bodies in the world) to recognize a facility as GMP compliant, we are required to use only raw materials from reputable, quality sources.



GETTING STARTED WITH ATHLETIC GREENS

How much should I take?

It depends on you! Our standard serving is 1 scoop (12g) per day. We recommend taking first thing on an empty stomach for optimal absorption.

But if you:

- Have significant lifestyle stressors
- Are a very active person
- Are an athlete

You may want to consider taking two servings per day. Take your second before lunch or post workout.

Athletic Greens is great with water, but you can mix it up in your favorite smoothie or unsweetened almond milk.

1

Grab your favorite glass or shaker

2

Add 200-300ml of cold water (adjust to your taste)

3

With the water in first, add 1 SCOOP of Athletic Greens powder

4

Shake or stir until fully blended

5

Drink & enjoy!

RECOMMENDED BY..



Tim Ferriss

Entrepreneur, Health Expert, 4 x New York Times Best Selling Author

"I get asked all the time, if you could only use one supplement, what would it be? My answer is, inevitably, Athletic Greens. It is my All-In-One Nutritional Insurance. I recommended it in the #1 NY Times 'The 4-Hour Body', and did not get paid to do so. I take it in the mornings to ensure optimal performance. And I travel with it to avoid getting sick. It just covers all my bases, if I can't get what I need through whole food meals throughout the rest of the day. It's tasty, but more importantly it will help you not screw up when you're doing your nutritional planning. For me, it... covers my bases, takes a load off my mind, and puts a lot in my body."

"I get asked all the time, if you could only use one supplement, what would it be? My answer is, inevitably, Athletic Greens."

- Tim Ferriss



Alex Silver-Fagan

Nike Master Trainer, Founding Instructor at Mirror, Yoga Instructor, Creator, Speaker and All-around Boss

"A good day starts with a good morning. It's that simple. So no matter what I have lined up for the day, I know that I can tackle anything after I've had my Athletic Greens. Why? Because it's simple too! High quality, clean plant based nutrition... that's it. When we think of a healthy lifestyle, simplicity is key and that's what you get with AG. All of the good that you need and nothing of the extra that you don't. I have more energy, recover faster, and haven't gotten sick in months since started a daily regimen."



Dr Michael Gervais

Host of Finding Mastery and a High Performance Psychologist

"When we pull back the curtain on how world-leading performers prepare — there's a balance at play: incredible loads of stress and purposeful recovery. Both are necessary to get the most out of our mind and body. Nutrition is a significant factor to maximize the amount of healthy stress, as well as, recover in a world-class way. For years I've used plant based supplements. Athletic Greens has found the right combination of high grade micronutrients, absorption and taste. I would recommend Athletic Greens to anyone that wants to perform at their optimum level, and live their healthiest life."



Kristen Bell

Red Bull, Registered Dietitian

"Since I have been taking it AG I haven't been sick, my energy is consistent throughout the day, and I don't feel tired in the afternoon like I used to. With 2 small children at home, being an NCAA basketball referee, and a full-time job as a sports dietitian, I often feel like I am burning the candle at both ends.

Athletic Greens has been a game changer for my mood, stamina, and provides the gut health and immunity support I need."



Dan Churchill

The Healthy Chef & Author, Chef Of Under Armor, Exec Chef Of Charley St, Host Of Genius Kitchen's Feast With Friends

"I'm big on my morning routine and as my cooking is all about colorful foods, flavor variety & nutrients, it's fantastic to know the first thing my body consumes are 75 winning ingredients. When I work with athletes, professionals or everyday awesome people, I'm usually hesitant to suggest a supplement straight off the bat. However, Athletic Greens is a phenomenal product. So much so, I would safely tell a stranger on the street that it would add serious benefit to their day and health. It makes getting all those essential micro vitamins and minerals we require daily that much more convenient."

"Out of all of the superfoods I've tried this is the most complete supplement on the market. My business takes me all around the world to the point where I basically live in an airplane, and the Athletic Greens travel packs help me fuel my body."

- Joe De Sena, CEO and Founder of Spartan Race



Dagmara Wozniak

2 x US Olympic Fencing Team, 2016 Bronze Medalist, Nike Athlete

"I love Athletic Greens because it's that burst of energy I need in the morning. Ever since I have started drinking it I have steered away from coffee and energy drinks. AG gives me the boost I need without any crash and it tastes delicious too! I have tried many supplements and I have never come across something as awesome as Athletic Greens. My prized possession is my career, and Athletic Greens is keeping me in the game. It's the first thing I take in the morning before I crush the day and it's always with me when I go overseas for competitions. I highly recommend this product for everyone. AG makes it easy to stay healthy and balanced. Love you guys! "

OUR VISION

We believe that your health is the foundation to a fulfilling life.

We all know that health is holistic. Our sleep, mindset, purpose, nutrition and relationships all have an impact on our health.

We also believe that you can't be your best self, if you aren't nurturing your body with the right nutrition on a daily basis.

That's why we've spent ten years researching with the help of doctors, naturopaths and nutritionists to create the highest efficacy and nutritionally complete supplement on the planet.

We never stop learning, growing and researching. It's our mission to continue adding value to our products, and improving the lives of our customers.

OUR CORE VALUES

1

Respect and empathy for all

2

Life is an opportunity

3

No compromises

Our vision is to be the most recommended all-in-one supplement on the planet

Athletic**Greens**.[®]

TO LEARN MORE VISIT:

www.athleticgreens.com

